

Undocking of Progress-3 from SM Assembly Compartment

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
07:30–08:00		Work prep
08:00–08:15		Daily planning conference (morning)
08:15–09:00	FE-1	??? maintenance
08:15–08:40	CDR	???-4 ???????: photo ops / r/g 865 item 8
08:15–10:15	FE-2	Prepare return items for 6?
08:40–09:00	CDR	Monitoring undocking
09:00–12:00	CDR, FE-1	Re-docking training / r/g 958 , 961
10:25–11:55	FE-2	Physical exercise (USOS plan)
12:00–13:00		LUNCH
13:00–14:30	CDR	
13:00–14:25	FE-1	Prepare return items for 6?
13:00–15:05	FE-2	
14:30–15:30	CDR	Test of Soyuz ??? before re-docking / r/g 965
14:25–15:05	FE-1	Transfer Dosmap Dostel data to HRF PC for subsequent downlink / DOSMAP - DOSIMETRIC MAPPING: Nom: DOSTEL Data Down / Perform steps 3 - 15
15:05–15:55	FE-1, FE-2	SSRMS conference
15:55–17:00	FE-2	Prepare return items for 6?
16:00–17:00	CDR	Physical exercise (IRED)
16:15–17:15	FE-1	Physical exercise (USOS plan)
17:00–17:30	FE-2	Bonner Ball - maintenance / BBND - Bonner Ball Neutron Detector Expr: Nom: Bon /
17:00–18:00	CDR	Physical exercise (cycle)
17:15–18:45	FE-1	Physical exercise (USOS plan)
17:45–18:45	FE-2	Physical exercise (USOS plan)
18:00–18:30	CDR	Report prep
18:45–19:15	FE-1, FE-2	Review plan for the next day
19:15–19:30		Daily planning conference (evening)
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Personal hygiene (pre-sleep)
20:37–20:47	FE-1	Conference with school students (HAM Radio Comm Pass)
21:30–06:00		SLEEP

NOTE: Changeout of CWC in Elektron, ???-?, and ???-C? will be performed **on MCC GO.**

End of radiogram